

Sautéed Vegetable Ribbons in Olive Oil and Garlic

Ingredients:

- 2 large Carrots, peeled
- 2 yellow summer Squash
- 2 Zucchini
- 1 T Extra Virgin Olive Oil
- 1 Garlic clove, minced
- 2 T fresh Lemon juice (optional)
- Salt

Garnishes (optional):

- Freshly Ground Black Pepper
- Toasted Pine Nuts* (Spread the nuts on a baking sheet and bake at 350°F, stirring occasionally, until golden-brown, 5 to 10 minutes.)
- Parmesan cheese, shredded (Not Paleo)
- Herbs (see recipe for vegetable seasoning blend below)

*Pine Nuts can be expensive. You can substitute less expensive sunflower seeds, toasting them the same way.

Directions:

1. Using a vegetable peeler or kitchen mandolin shave the carrots, squash, and zucchini into long, thin ribbons, like flat noodles. (Discard cores or use for something else.)
2. Heat the EVOO over medium heat in a large sauté pan. Add the garlic and sauté for one minute, until fragrant.
3. Add the vegetable ribbons, salt, lemon juice (optional) and stir.
4. Cover with a lid for 1 minute (or longer for softer ribbons or if your ribbons are thicker).
5. Remove the lid and remove from heat.
6. Garnish as you like.

Vegetable Seasoning Blend

Ingredients:

- 1 T dried Oregano
- 1 T dried Basil
- 1 T dried Parsley
- 1 T dried Thyme

Directions:

1. Combine oregano, basil, parsley, and thyme in a small bowl.
2. Sprinkle as much as you like on cooked vegetables or toss with raw vegetables prior to roasting.
3. Place remaining blend in an air tight container and store in a cool dry space.